



VALLEY

health & life

ONE COUPLE'S
WEIGHT-LOSS
SUCCESS STORY

QUALITY CARE
CLOSE TO HOME

**THE LATEST
VARICOSE VEIN
TREATMENTS**

DEAR FRIENDS,

I hope your holiday season was joyous for you and your loved ones.

Valley Health Systems had a great 2019. We started a number of new and exciting programs on the main campus, such as our pulmonology clinic and our expanded GI and vascular clinics. We also expanded our presence in Westfield with new locations and services and plan to add more sites in the Valley for primary care, walk-in, diagnostic and specialist services in 2020. In addition, we continued on our path to excellent quality and safety and earned yet another "A" from the Leapfrog Group in the fall, making Holyoke Medical Center one of the highest scoring hospitals in Western Massachusetts. We also added many new doctors and advanced practice providers to our staff and welcomed our new Chief Medical Officer, Dr. Simon Ahtaridis.

In 2020, our focus will continue to be on providing exceptional medical services close to home and delivered with compassion and a smile. We will continue to build our culture of excellence and to seek your feedback and suggestions on how to be the best. To that end, we are streamlining our patient surveys to make them easier to complete and will soon be offering options for filling them out electronically in addition to doing so on paper. When you come for services, our registration staff may ask for your email and/or mobile number and for permission to contact you via email or text so a survey link can be sent to you. Your feedback is very important to us, and we hope that this new process will be easier and more convenient for you.

While we have a few more months of winter ahead, hopefully without major storms, spring is around the corner. I wish you and your loved ones a happy and healthy 2020.



Best,

SPIROS HATIRAS

President and Chief Executive Officer,
Holyoke Medical Center & Valley Health
Systems, Inc.



On the Cover:

After a minimally invasive treatment for painful varicose veins, Rebecca Twine can enjoy walks with her dog.

CONTENTS

- 3 HEALTHY HABITS** Tips for you and your family, plus hospital wellness events.
- 4 WEIGHT-LOSS SUCCESS** A married couple used two different approaches to slimming down and are reaping the benefits.
- 6 THE DOCTOR WILL SEE YOU NOW** A new walk-in clinic in Westfield provides quality care close to home.
- 8 A FOCUS ON QUALITY** Dr. Simon Ahtaridis, the new Chief Medical Officer, shares his goals for Holyoke Medical Center.
- 10 VARICOSE VEINS, BE GONE!** Patients with vein problems in the legs benefit from the latest treatments at the Vascular Center.
- 12 CELEBRATING HIGH-QUALITY CARE** The Holyoke Medical Center gala honored physicians and staff members.
- 14 PREVENTING ESOPHAGEAL CANCER** A new technology may save the lives of patients with chronic heartburn.
- 15 DARLING CLEMENTINES** These tangy citrus charmers are bursting with vitamins and nutrients.

Valley Health Systems, Inc.

- **HOLYOKE MEDICAL CENTER**
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575 Beech Street, Holyoke | 413.534.5691
- **RIVER VALLEY COUNSELING CENTER**
319 Beech Street, Holyoke | 413.540.1100

HEALTHY HABITS

FOR YOU AND YOUR FAMILY



NOT SO SWEET

You know you're supposed to limit salt intake to keep high blood pressure at bay, but sugar may be worse. A recent study suggests that sugar may be a likelier culprit since it's linked to high cholesterol, obesity and diabetes.

—*Journal of the American Medical Association*

FRIENDS KEEP YOU SHARP

When researchers studied folks over age 80 who had the memory function of middle-aged adults, they discovered that these "super agers" had more friendships.

—*Northwestern University*

WORKOUT BUDDY WANTED

Research indicates that people who play team sports or exercise with a partner live longer than solo exercisers. In a recent study, tennis players added 9.7 years to their lives on average, while soccer players added 4.7 years and gym exercisers added 1.5 years. Experts posit that the physical as well as mental benefits contribute to increased longevity.

—*Mayo Clinic Proceedings*



GET OFF THE PHONE

Young adults who spent more time on social media felt more socially isolated than those spending less time online. Researchers believe paying more attention to devices than engaging with the person they're with can stifle closeness, trust and empathy.

—*Journal of Social and Personal Relationships*



CHOOSE CARBS WISELY

Obese adults who ate four to seven servings daily of whole-grain foods, such as lentils and leafy greens, lost twice as much belly fat as those eating refined grains like cookies and chips—even when daily caloric intake was the same. Experts theorize it's because high-fiber foods take longer to digest, keeping insulin levels lower, which in turn minimizes belly fat.

—*The American Journal of Clinical Nutrition*



WELLNESS EVENTS

NEW YEAR, HEALTHIER YOU!

Get back on track with small bites of nutrition information to start 2020 off on the right side of the plate with Registered Dietitian Marissa Chiapperino.

Date: Wednesday, January 22

Time: 5:30 p.m.

HEART HEALTH

Nirav Sheth, MD, a cardiologist at Holyoke Medical Center, will lead a discussion on heart health in honor of Heart Health Awareness Month in February.

Date: Wednesday, February 12

Time: 5 p.m.

LIVING WITH CHRONIC PAIN

Join Yuri Khibkin, MD, Director of the HMC Pain Management Center, as he discusses the comprehensive, multidisciplinary treatment approach the Center offers and what it can mean for you and your quality of life.

Date: Tuesday, February 25

Time: 5:30 p.m.

THE AIR WE BREATHE

Pulmonologist Miguel Rodriguez, MD, will discuss how the environment can affect people with underlying respiratory conditions.

Date: Tuesday, March 10

Time: 5:30 p.m.

All programs are held at the HMC Auxiliary Conference Center. To register, please visit HolyokeHealth.com/Events or call 413.534.2789.



BEFORE



AFTER

WEIGHT-LOSS SUCCESS

* To learn more or to register for a free information session, which is offered several times each month, please call 413.535.4757.

A MARRIED COUPLE USED TWO DIFFERENT APPROACHES TO SLIMMING DOWN— AND ARE REAPING THE BENEFITS.

IN 2018, Diane Schreiber had back and knee pain and couldn't get out of a chair unless she was sitting in an electric recliner. She also had a habit of eating junk food. When the scale hit 271 pounds, she'd had enough. She saw her primary care physician, who recommended the Weight Management Program at Holyoke Medical Center (HMC). Although Diane was initially interested in the medical weight-loss program, which focuses on lifestyle changes, her HMC physician, Medical Director Yannis Raftopoulos, MD, advised surgery because she needed to lose more than 100 pounds.

To be eligible for weight-loss, or bariatric, surgery at HMC, a patient must have a body mass index (BMI)—a height and weight ratio that can indicate a person's health—over 40. Patients with a slightly lower BMI (between 35 and 40) may be eligible if they have a medical condition, such as high blood pressure. Prior to surgery, it is recommended that patients lose 10 percent of their weight. Not only does this help lower the risk of surgical complications, but it also helps to increase the chances of long-term success. "It shows that a patient is able to make the lifestyle changes necessary to keep the



The HMC Weight Management Program team includes two physicians, two physician assistants, two registered dietitians and licensed mental health counselors. From left: Certified physician assistants Kristen Chapin and Elana Davidson; bariatric surgeons Ursula McMillian, MD, and Yannis Raftopoulos, MD, Medical Director; and registered dietitians Marissa Chiapperino and Christina Reardon.

weight off,” says Kristen Chapin, PA-C, a physician assistant in the program. “Our practice has proven that patients who lose more weight preoperatively lose more weight postoperatively.”

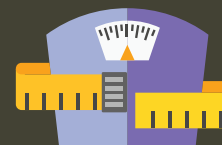
The program’s bariatric surgeons perform several types of weight-loss surgery, including gastric bypass and sleeve gastrectomy. The procedures involve reducing the size of the stomach (by dividing it or removing part of it), which helps patients feel satisfied after eating a small amount. This also triggers hormonal changes that reduce appetite. Diane had the sleeve gastrectomy procedure on January 15, 2019, and went home the next night. For the next two weeks, she drank liquid protein shakes for meals. When she was cleared to eat solid food, she focused on small portions—just 2 to 3 ounces—of chicken, fish and vegetables.

Immediately after the surgery, Diane lost 67 pounds. Nearly a year later, she had lost an additional 43 pounds and planned to lose another 20 by the one-year anniversary of her surgery.

A LIFESTYLE APPROACH

Diane’s husband, Carl, supported her throughout her weight-loss journey by preparing carefully measured meals for her. At 248 pounds, Carl also needed to lose weight. He suffered from diabetes, acid reflux, sleep apnea and high blood pressure. In the spring of 2019, he joined HMC’s medical weight-loss program, which teaches patients to make diet, exercise and lifestyle changes. “Diane was my inspiration,” he says.

Patients who aren’t candidates for bariatric surgery or who don’t want surgery can benefit from the medical weight-loss program. They receive individualized nutrition and exercise plans and meet regularly with a physician assistant and dietitian. They also attend a series of educational classes on topics such as mindfulness, exercise and interpreting nutrition labels. Patients learn to identify physical versus emotional hunger. “I learned more in six classes than I learned in culinary school,” says Carl. The program also offers support groups.



STRATEGIES FOR SLIMMING DOWN

Kristen Chapin, PA-C, a physician assistant in the Weight Management Program at Holyoke Medical Center, offers the following tips for maximizing your success:

- **INVEST THE TIME.** “Weight loss involves making major lifestyle changes,” says Chapin. “There’s no quick fix. That’s why our multidisciplinary approach is so effective.”
- **FOLLOW THE PLANS.** It’s important to stick with the nutrition and education plans given to you.
- **COMMUNICATE.** Don’t be afraid to ask questions. The more you communicate with us during treatment and maintenance, the more appropriate your support will be.

Today, Carl has reached his initial goal weight of 200, and he doesn’t have diabetes any longer. Carl and Diane donated their old clothes to Goodwill and kept one outfit as a reminder to keep the weight off. “I’m so much happier,” says Diane. “I can move. I can run. I can climb stairs. I have more energy.” Carl is thrilled that he no longer needs medications—except one for high blood pressure, which he takes at a lower dose. “There are a million weight-loss programs out there, but this one really works,” he says.

BY THE NUMBERS

90

PERCENTAGE
of patients who
lose weight in the
HMC program

18

POUNDS
Mean weight
loss with medical
supervision

147.6

POUNDS
Greatest weight loss
in less than a year
without surgery

225

POUNDS
Greatest weight
loss six months
after surgery

27,000

POUNDS
Amount of weight
lost in the
program so far



THE DOCTOR WILL SEE YOU NOW

A NEW WALK-IN CLINIC
IN WESTFIELD PROVIDES
QUALITY CARE CLOSE
TO HOME.

WHETHER YOU HAVE a nagging cough or your child needs a physical to participate in a sport at school, you need to see a physician—stat. For Westfield residents, that's more convenient than ever. In December, Holyoke Medical Group (HMG) opened a walk-in care clinic in town. "We want to take care of everyone in the community," says Jessica Menard, Nurse Practitioner.

The Westfield location is the second HMG outpost to open in the area. Last year, the hospital opened a walk-in care clinic in

Chicopee. "There were more patients than we had anticipated," says Menard.

In addition to walk-in care, the Westfield location now offers physical therapy and lab services, as well as care from the Family Medicine practice, which opened over the summer. On staff are two primary care providers, along with Menard, a medical assistant and a phlebotomist. "We can draw blood and take urine specimens—even if the order is from a physician at another office," says Menard. "We send all specimens to the hospital for testing." Diagnostic imaging is expected to be added to the list of services available at the location in 2020. The ability to take X-rays on-site will enable providers to determine if a patient has a fracture, pneumonia or other condition.

The doctors and advanced practice providers at the Westfield location can treat many conditions, including sinus



The new site in Westfield provides convenient, high-quality walk-in and blood draw services, family medicine primary care and CORE physical therapy.

infections, the flu and allergies (see “Conditions We Treat”). They can also care for musculoskeletal injuries and suture lacerations. “We can even splint fractures and make sure the patient gets follow-up care,” says Menard. In

addition, they can perform physicals for work or school. “Patients can get the attention they need promptly,” says Menard. The Westfield location is open from 8:30 a.m. to 5 p.m., Monday through Friday.



Jessica Menard,
Nurse Practitioner



Hasaan Khawaja, DPT

GAINING STRENGTH

Patients who have musculoskeletal injuries or suffer from chronic pain can receive physical therapy at the new facility. “Our on-site physical therapist can treat back pain, neurological disorders and any needs for strength and conditioning,” says Hasaan Khawaja, DPT, manager of the Centers of Rehabilitation

WHEN YOU NEED EMERGENCY CARE

Are your symptoms serious enough to head to the hospital? If you experience any of the following, consider making a trip to the Emergency Department:

- a fever higher than 102 that can’t be controlled with ibuprofen or acetaminophen—especially if it occurs with other symptoms, such as acute chest or abdominal pain or trouble breathing
- fainting
- a head injury
- a laceration with a bone that’s visible or sticking out

CONDITIONS WE TREAT

Doctors and providers at the Westfield walk-in care clinic can evaluate symptoms such as cough, congestion, sore throat, ear pain, nausea and vomiting and rash. They can also treat the following conditions:

- upper respiratory infection
- flu
- asthma
- sinus infection
- allergy
- insect bite
- eye injury
- headache
- urinary tract infection

Excellence (CORE), who oversees the program.

The expansion to Westfield is part of Holyoke Medical Center’s efforts to increase access to healthcare, says Khawaja. “We’re constantly asking ourselves how we can serve the community,” he explains. “We’ve received a lot of positive feedback from patients at our other physical therapy centers, and we hope it will continue here.”

✳ For more information about Westfield Walk-In Care, please call **413.540.5065**. To schedule an appointment at CORE Physical Therapy in Westfield, please call **413.535.4996**.



DR. SIMON AHTARIDIS, THE NEW CHIEF MEDICAL OFFICER, SHARES HIS GOALS FOR HOLYOKE MEDICAL CENTER.

IN DECEMBER, Holyoke Medical Center (HMC) welcomed a new Chief Medical Officer, Simon Ahtaridis, MD, MPH. Dr. Ahtaridis, who was trained as a hospitalist, has always been interested in quality improvement. “No matter how good a doctor is, he or she needs support to provide the best care he or she can,” he says.

Dr. Ahtaridis was Chief Medical Officer at Mercy Medical Center in Springfield and, most recently, served as National Clinical Advisor and Chief Medical Officer for Sound Advisory Services. In that role, he oversaw the clinical performance of 100 physician advisors who improved the performance of hospitals across the country. Here, Dr. Ahtaridis—who lives in Northampton with his wife, 10-year-old son and 3-year-old daughter—explains what he hopes to accomplish at HMC.

WHAT ATTRACTED YOU TO THIS POSITION?

I wanted to return to a hospital environment to work with a more local medical community. I also wanted

A FOCUS ON QUALITY

NEW DOCTORS AND ADVANCED PRACTICE PROVIDERS

to work on quality and performance improvement as part of a medical community and hospital system. We have a common goal: How do we provide better, more efficient care? I enjoy developing meaningful relationships with medical staff members and working side by side with them.

WHY ARE YOU EXCITED ABOUT IT?

I've worked with many large systems, and I'm excited about the HMC team because they have done terrific things and are primed to do even more. This is a tremendous opportunity to distinguish ourselves as leaders in healthcare.

WHAT DO YOU HOPE TO ACCOMPLISH?

We want to be seen as the premiere healthcare provider in the area. Our success will, in large part, be determined by how well the medical staff can do their jobs in terms of quality and efficiency. I want to partner with staff members and find ways to support them to provide better patient care. Medicine has become more team-oriented. The best doctors and nurses require coordination of care.

We will be expanding our service lines. Our up-and-coming service lines include bariatrics, orthopedics, cancer care and wound care. They are growing because of the value and quality of care we provide.

WHAT'S SOMETHING PEOPLE MIGHT NOT KNOW ABOUT YOU?

I enjoy medical humor. When I was in medical school, I parodied students' experiences on different rotations. I wrote about the peculiarities of certain specialties and bizarre situations, such as my first diaper change.



Sebastian A. Bourgeois, MD
ANESTHESIA



Halbert Feinberg, MD
INTENSIVE CARE



Carleny Henriquez, DNP
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Jeanne McCarthy, PA-C
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VARICOSE VEINS, BE GONE!



Rebecca Twine was back on her feet after a varicose vein procedure at the HMC Vascular Center.

PATIENTS WITH VEIN PROBLEMS IN THE LEGS BENEFIT FROM THE LATEST TREATMENTS AT THE VASCULAR CENTER.

VEIN PROBLEMS in the legs are not only unsightly, but they can wreak havoc on your quality of life. For instance, varicose veins—weak or damaged veins near the skin's surface that appear enlarged, ropy and blue—can lead to swelling, cramping and aching. This is caused by a condition known as chronic venous insufficiency, which affects up to 40 percent of people in the U.S., according to the Society for Vascular Surgery. It occurs when valves in leg veins don't function properly. Instead of sending blood to the heart, blood pools in leg veins.

At Holyoke Medical Center (HMC), the Vascular Center uses the latest technology to treat patients with vein problems. "We recognized that there was a need for a comprehensive vein center," says Sandip Maru, MD, Medical Director of the HMC Vascular Center. Physicians at the Center also treat conditions such as arterial aneurysms (weakened areas in an artery), peripheral vascular disease (narrowing of the arteries that supply the extremities) and carotid occlusive disease (narrowing of blood vessels in the neck, which carry blood from the heart to the brain).

MINIMALLY INVASIVE TREATMENTS

When patients visit the Center, they have an ultrasound exam (imaging test that uses high-frequency sound waves) to identify their vein problem. Treatment is determined based on the size of the diseased veins and how twisted and curved they are. Patients with varicose veins usually have one of the following procedures at the Vascular Center:

- **VenaSeal™:** The patient is given a local anesthetic, and a medical adhesive is injected into the varicose vein to close it. Blood is rerouted to healthy veins, providing symptom relief. The procedure takes a half hour, and a bandage is placed at the site

of the puncture wound. "We've done so many of these procedures that we've become a teaching center for other physicians," says Dr. Maru.

Rebecca Twine, who had experienced leg pain when kneeling, sitting or standing, had the procedure at the Center recently. It went smoothly, and she didn't need any over-the-counter pain medications afterward. She was able to walk immediately. Her only limitations: to avoid exercising and lifting heavy

items for two weeks.

- **ClosureFast™:** This technology uses radiofrequency ablation, or heat, to close the problematic blood vessel(s). A catheter is placed in a vein and heat is delivered, causing the vein to collapse. Afterward, blood flows to healthy veins. The treated leg is wrapped with a compression stocking, which extends from the foot to the thigh, for two days afterward.

If a patient needs follow-up treatment after VenaSeal or ClosureFast—or if he or she has a large varicose vein—the physician may recommend microphlebectomy, in which a tiny incision is made in the leg. "We remove large veins through these incisions," says Dr. Maru.

A QUICK RECOVERY

Patients who have these procedures typically do so on a Friday so they can recover over the weekend. "People are often fearful when they arrive at the Center and are amazed by how quick and easy the procedures are," says Dr. Maru. "Most of them are done in a pleasant outpatient setting, and patients can go home in about an hour. They can resume normal activity two to three days after the procedure." Patients, who typically experience minimal pain and discomfort, are encouraged to walk to keep the blood flowing. On the Monday after treatment, they return for a follow-up ultrasound to confirm the treated veins are sealed.

Rebecca, who returned to work the Monday after her procedure, is pleased with her treatment. Although she lives more than an hour away in the central part of the Commonwealth, closer to other hospitals, she trusts Holyoke Medical Center and says she'll return if necessary. She praised the staff's thorough explanations, expert care and ease of contact for any questions or problems during recovery. "I felt confident about the care I received," she says.



Sandip Maru, MD



SIGNS OF VEIN DISEASE

- varicose veins
- aching
- swelling
- cramping
- heaviness or tiredness
- itching
- open sores

✱ To learn more or to schedule an appointment, please call the HMC Vascular Center at **413.535.4785**.

Celebrating HIGH-QUALITY CARE

THE HOLYOKE MEDICAL CENTER GALA HONORED PHYSICIANS AND
STAFF MEMBERS WHO GO ABOVE AND BEYOND FOR PATIENTS.

SPONSORS

Special thanks go to the following sponsors, who made the Gala possible:

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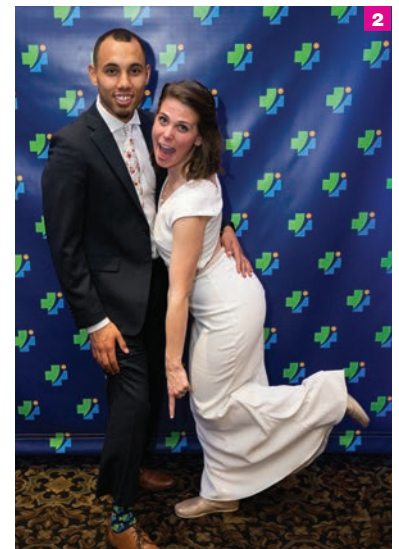
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ON NOVEMBER 23, 2019, Holyoke Medical Center held its Annual Gala at the Log Cabin in Holyoke. The Gala honored Lifetime Achievement Award recipient M. Saleem Bajwa, MD, along with a variety of dedicated and exceptional team members from Valley Health Systems. The event featured a social hour, awards presentation, seven-course chef's dinner with a unique wine pairing for each course and silent auction.





- 1** Best Caregiver Winner Cornelius Maddox
- 2** Nick and Becca Felton point out Nick's coordinated HMC logo socks
- 3** Best Leader Winner Hasaan Khawaja (third from left) with his father, Anjum Khawaja; girlfriend, Runa Khanom; and mother, Shaeza Khawaja
- 4** ACE Awards finalists with HMC President & CEO Spiros Hatiras, center (from left to right): Terry Hoague, Environmental Services; Kirsten Lindgren, Transcranial Magnetic Stimulation (TMS) Therapy; Kathryn Girardin, AuD, FAAA, Speech & Hearing; Hasaan Khawaja, DPT, CORE (Centers of Rehabilitation Excellence); Angelo Martinez, Plant Operations; Tedd Ackerman, MD, Psychiatry; Lorenver Po, MD, Internal Medicine; Cornelius Maddox, BSN, RN, Nursing (Intermediate Care Unit); Sheila Laroche, CPC, Revenue Cycle; Jennifer Zelasko, Food Services; John J. Mazzucco, MD, General Surgery; M. Saleem Bajwa, MD, Pulmonology; Maria Quinn, MSN, PMHNP-BC, Center for Behavioral Health
- 5** Best Supporting Employee Winner Angelo Martinez
- 6** Lifetime Achievement Award Recipient M. Saleem Bajwa, MD, with HMC President & CEO Spiros Hatiras
- 7** Joan Kagan Levine and Steven Levine, MD, enjoy the music and dancing
- 8** Members of the Holyoke Medical Group Primary Care office surround Best Physician Winner Lorenver Po, MD (center)
- 9** The "Angels" of the HMC Speech & Hearing Department
- 10** The HMC Pulmonology Center team
- 11** Best Physician Finalist John Mazzucco, MD (center), surrounded by his family members

***** To learn more or become a sponsor of the 2020 Annual Gala, please call **413.534.2579**.



PREVENTING ESOPHAGEAL CANCER

A NEW TECHNOLOGY MAY HELP SAVE THE LIVES
OF PATIENTS WITH CHRONIC HEARTBURN.

ABOUT 20 PERCENT of Americans experience heartburn at least twice a week, according to the American Society for Gastrointestinal Endoscopy (ASGE). Many have a serious condition called gastroesophageal reflux disease, also known as GERD. Symptoms, which occur after eating, include burning in the chest, as well as a bitter or sour taste in the back of the throat. This occurs when the valve at the base of the esophagus, called the lower esophageal sphincter, relaxes too frequently, allowing stomach acid to rise into the esophagus. Treatment typically involves medication, which helps to reduce stomach acid and heal the irritated esophagus.

About 10 to 15 percent of people with GERD develop a precancerous condition called Barrett's Esophagus (BE), in which the lining of the esophagus starts to resemble the cells of the small intestine. People with BE have a 30-fold increased risk of developing esophageal cancer, so they should be monitored with an upper endoscopy. With this procedure, a physician places a thin, flexible tube into your mouth

and esophagus to check for changes in the lining of the esophagus. This may be done every three to five years, depending on a person's risk factors for esophageal cancer, including family history, smoking and alcohol consumption. If the physician sees abnormal tissue, he or she can remove a sample of it, called a biopsy, to check for cancer.

A BETTER BIOPSY

Traditionally, physicians have used tiny forceps to perform biopsies of esophageal tissue. Now, physicians at Holyoke Medical Center (HMC) are using a new technique that helps to improve the detection of precancerous cells. Called Wide Area Transepithelial Sampling (WATS)-3D, the technique involves using a probe with a brush on the end. The physician rotates the brush against the lining of the esophagus, and cells stick to it. The sample is sent to a lab, which uses computer-assisted analysis to create a three-dimensional image of the cells. This enables the pathologist to better identify precancerous cells. With the traditional biopsy method, the sample

From left: Jeanne McCarthy, PA-C; Mary Norris, MD; Ruby Malik, MD; April Bowers, NP; Jessica Sanky, FNP; and Tuyyab Hassan, MD

SURPRISING SIGNS OF CHRONIC HEARTBURN

Symptoms of gastroesophageal reflux disease, also known as GERD, can resemble other medical problems. Let your physician know if you experience any of the following:

- Chest pain
- Sinusitis
- Asthma-like symptoms or an exacerbation of asthma
- Ear infections
- Vocal cord problems
- Damage to teeth

is two-dimensional. Another advantage of WATS-3D: a wider area of tissue is sampled, which improves the odds of detecting precancerous tissue. With the traditional method, areas are randomly sampled, so spots can be missed. Currently, HMC physicians are using both biopsy methods.

Esophageal cancer—which has a five-year survival rate of just 45 percent when the tumor is confined to the esophagus—can be difficult to detect. But the WATS-3D technology has the potential to help prevent cancer, says Tuyyab Hassan, MD, a gastroenterologist at HMC. “If we remove precancerous tissue, we can help prevent cancer from developing, just like we can help prevent colon cancer by removing polyps,” he says.

✱ To learn more or to schedule an appointment, please call HMC Gastroenterology at [413.540.5048](tel:413.540.5048).

{ POWER FOOD }



Darling Clementines

THESE TANGY CITRUS CHARMERS, RIPEST IN THE DEAD OF WINTER, ARE BURSTING WITH VITAMINS AND NUTRIENTS.

IF YOU'RE STILL RECOVERING from the heaviness of holiday eating, bright, cheery clementines are just the thing. Sweeter than navel oranges and less seedy than tangerines, clementines are a derivative of mandarins and are distinguished by their oval shape and glossy skins. These skins can be removed in one fell swoop to reveal small separated segments, making clementines an easy (and fun), pop-in-your-mouth snack. But it's not just their undeniable convenience, sweet aroma or citrusy flavor that get us—these little guys happen to be nutritional powerhouses, too.

POWER UP

"Christmas oranges," nicknamed as such because they're in season during the winter months and are traditional stocking stuffers, are packed with vitamin C, which supports the immune system and makes the skin appear more youthful, among other benefits. In fact, just one clementine boasts 36 milligrams of the stuff, which is 60 percent of the recommended Daily Value. Clementines also contain 1.3 grams of fiber, which aids digestion, as well as 130 milligrams of potassium, which can help prevent headaches, hypertension, tooth decay and a plethora of other ailments. Need more convincing? Clementines are recommended during pregnancy, since the fruit's high folate content supposedly helps prevent neural tube defects in fetuses (and encourages

normal brain function in adults). All of these benefits are packed into just 35 calories!

BUY/STORE/SERVE

Clementines are sold from December to March or April. When purchasing yours, choose fruit that are firm, and only buy as many as you'll need because they don't last very long. Store them in a basket or bowl on the counter, not in a fridge or in a plastic bag, and just grab and go. Clementines can be eaten on their own as a healthy snack, or you can toss them in an Asian-style salad, atop yogurt or oatmeal or mix them into a smoothie or shake.

But don't throw out those peels just yet. Zest or candy them to add a citrusy kick to baked treats or extract oil from them. Clementine oil is often used in aromatherapy, as it's shown to be a powerful antioxidant and stress reliever that promotes clearheadedness and more restful sleep. Is it a coincidence, then, that clementines are at their peak in January, when we need all of that great stuff the most? Happy New Year indeed.

DID YOU KNOW?

Legend has it that the natural hybrid of clementines was discovered in West Algeria in the 1900s in the garden of the orphanage of Marie-Clément, for whom the fruit was formally named in 1902.

Walk-in Care.

We Make it Easy

NOW IN CHICOPEE & WESTFIELD!

Walk-in for medical issues such as:

- Flu-like symptoms
- Sore throat
- Sinus infection
- Seasonal allergies
- Insect bites
- Cough
- Diarrhea
- Acute asthma attacks
- Back, knee or joint pain
- Sprains & minor injuries
- Ear infection
- Fever without a rash
- Headaches
- Nausea
- Pink eye, rash or skin irritation
- School physicals
- Sports physicals
- Vomiting
- Urinary tract infections
- Lab Draw Services



Ages 12 and over.

Most insurances are accepted. Patients do not need to be part of the Holyoke Medical Group to seek care at the walk-in clinic.

Seek care at the Emergency Department for symptoms such as:

- Any heart condition or severe chest pain
- Change in mental status
- Choking
- Coughing or vomiting blood
- Fever with a rash
- Head or spinal injury
- Loss of consciousness
- Major trauma or burn
- Seizures
- Slurred speech
- Stroke symptoms
- Sudden dizziness, weakness or change in vision

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Holyoke Medical Center

A member of Valley Health Systems

HolyokeHealth.com